



SO WHY NOT JOIN THE PARTY!

Not only is Lumary City-Bay Fun Run returning in 2022, but so to is the race village at Colley and Wigley Reserve, thanks to the awesome support of the City of Holdfast Bay, Foodland and new partners Olympic Party Hire.

The Village has always been a popular end-of-race meeting spot, a great place for corporate hospitality, or to show off your sports or community group or charity.

And this year it will have a great new feel, pumping the music, fast-paced presentations, even photo booths to capture your achievement and opportunities to meet some of the State's top athletes and Olympians.

Village site holders will have the opportunity to hire 3x3m or 6x3m sites. You can bring your own marquee, but these must be set up before race time (preferably the day before) and meet strict safety codes. Full details on how to secure a site and the costings will be released on our website next week.

Barbecues are allowed, but regulations require any site with a barbecue to have a fire extinguisher on hand.

In the meantime, plan your hospitality marquee by logging on to Olympic Party Hire | Furniture Hire Adelaide to check the inventory to fit out your area.

Our bib collection days will be at an exciting new location this year. Stay tuned for further details.

COMPETITION TIME



**GO INTO THE DRAW TO WIN A PAIR OF ASICS PLUS FREE ENTRY INTO
THE LUMARY CITY-BAY!**

Who doesn't like a fresh, new pair of running shoes, plus free entry into the greatest running event of the year.

All you have to do to win this insane prize is head to Instagram and post a picture or story of you training or the City-Bay. This can involve walking, jogging, running or maybe even doing some sprint intervals! You then must use the **#LumaryCityBayTraining**, as well as be following the City-Bay official account, Lumary and Asics on Instagram!

Doesn't get much easier than that does it?

Get out and active, and who knows, maybe your hard work and effort will be rewarded.

**IT'S GOLD FOR TOMMY
TURBO!**



Tommy “Turbo” Mattinson has won gold for Australia in the under 14 International Frame Running World Cup 100m in Denmark overnight.

And what an extra-special victory it was.

Tommy, who lives with Cerebral Palsy, arrived in Denmark to find his luggage, equipment and medication had been lost in transit. All those stresses aside, he showed extraordinary resilience to score a huge pb.

See you at the Lumary City-Bay Fun Run, Tommy.

WELCOME TO OUR LATEST TEAMS

There's nothing like teamwork to get over the line. Whether it's building morale, building team spirit or just getting the group together, the City-Bay has become a pageant of the best of SA effort and endeavour.

So welcome to the latest teams to register Nystar (let's hope for a great contingent from the northern city of Port Pirie), the City of Adelaide, Munno Para Little Athletics, Woodcroft College, Uni SA, Finlaysons Lawyers, Animal Welfare League, F45 Victor Harbor (they're training really hard), SA Police Legacy (such a worthy cause), Fat Farmers (legends) and Team Codan (founded in SA 60 years ago, these companies have employees all around the world and sell products in 150 countries).

Make sure you register your team now. 2022 is going to be great.

RUN BETTER WITH SPORTSMED

Those braving cold winter mornings will notice the annual increase of runners pounding the pavement as they begin their preparation for the 2022 Lumary City-Bay.

Sportsmed is a proud partner of the City-Bay, and their aim is to help runners and walkers of all abilities prepare.

Sportsmed has kindly provided us with their expert tips and training advice to help you prevent injury and **maximise your performance.**

Georgina Kiel, Sportsmed Exercise Physiologist and keen long-distance road and trail runner, shares her tips on prepping for this year's iconic fun run.

1. **Appropriate footwear.** Invest in a good pair of running shoes and make sure they're comfortable! This is particularly important for those new to running, as your regular sneakers may not be suitable for walking/running longer distances
2. **Realistic goals.** Consider your current health and fitness level and set a goal that is realistic for you. For seasoned runners looking to set performance-based goals, consider your current health and fitness level and your recent training form to set an appropriate goal or target pace that suits you.
3. **Coaching and/or training plan.** With less than 2 months to go until race day it's important to start (if you haven't already) a training program to best prepare your body for your event. Whether you're walking or running, fast or slow, it's important to make sure your body is ready and best prepared to reduce your risk of injury! A running coach or appropriate allied health professional can help if you need some more guidance with training
4. **Most importantly, remember to have fun** and enjoy the atmosphere the event brings and the experience of training towards and achieving your

goals!

If you are looking for any further information regarding exercise physiology consultations, please phone [08 8130 1222](tel:0881301222) to get in touch or email physio@sportsmed.com.au



PROMOTE YOUR BUSINESS AND GIVE PARTICIPANTS A REWARD

The 2022 Lumary City-Bay Fun Run is going to be full of exciting and fun activations from start to finish. Why not get in touch with our marketing team to be part of the action.

Our much-anticipated Race Day Guide will be printed soon, so if you want to advertise your business or provide discount coupons for our participants, get in touch by Friday 29 July at office@city-bay.org.au.

You'll be reaching tens of thousands of fun, motivated, active and community-minded people.

Thanks to all of our Sponsors!



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